

## BASIC LIFE SUPPORT - ACTION CARD

(Step 1: Stop the situation)

- **Is the area secured?** Never start treating a patient before it is safe.
- **Is the patient conscious?** Talk to the patient and tell him how he helps him self.

(Step 2: After the area is secure start ABC)

- Stop only life threatening bleedings. (Direct pressure / tourniquet)

### AIRWAY

- Look:** Look for and repair, blocked airways. Look to see if the chest raises and lowers.
- Feel:** Feel for respiration against hand or cheek.
- Listen:** Listen for breathing for 10 sek. (Hissing, gurgling, piping sound)
- C-spine check:** Immobilise if it is safe.

**No breathing and no conscious = Cardiac Arrest. Start CPR if the situations allows.**

### BREATHING

- Look:** Look at the chest for any damages, front and back
- Feel:** Feel the ribs for fractures or other damages
- Listen:** Listen for sound that could appear form damage to the lungs.
- Percussion:** Check the lungs by tabbing, to hear if they are filed with blood.

If any damage to the lungs, apply an air tight dressing that can function as a valve.  
Remember to be carful if the person might have spin damage.

### CIRCULATION

- Quick Check:** For bleedings and wounds, apply dressing (pack to bone)
- Check Pulse:** A primitive way to decide the blood pressure is done by feeling for he pulse on the wrist (radials). If you feel the pulse, the blood pressure is ok.  
If you cannot feel the pulse in the wrist's the blood pressure is to low,  
The patient needs liquid infusion ASAP.
- Infusion:**
- Keep warm:** Isolate the patient.

Check again A-B-C. Continue to do so until a medic takes over.



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